

Niúròu Chǎo Miàn

Beef Chow Mein

Yield: Serves 4-6

Ingredients:

- 1 lb Beef Flank Steak (**Jìxiōng Ròu**)
- 1 lb Fresh Chow Mein Noodles*
- ½ Cup Bean Sprouts (**Lǚ Dòuyá**)
- 2-4 Baby Bok Choy (**Báicài**) - sliced into wide 'ribbons'
- 1 Large Carrot (**Hóng Luóbo**) - peeled and julienned
- 3 Medium Celery Stalks (**Qíncài**) - sliced on diagonal apx ¼ inch thick
- 1 Medium Yellow Onion (**Huángsè de Yángcōng**) - halved and cut 'end to end' into strips
- 1 Bell Pepper (**Dēnglóng Jiāo**) - color of choice - julienned
- ¾ Cup Vegetable Oil (**Shíyòngyóu**)
- 2 Tbs Cornstarch (**Yùmǐ Diànfěn**)

Marinade:

- 2 Tbs Light Soy Sauce (**Shēng Chōu**)
- 2 Tbs Shao Xing Rice Wine (**Liàojiǔ**)
- 1 Tbs Dark Soy Sauce (**Lǎo Chōu**)
- 2 tsp Toasted Sesame Oil (**Zhīmayóu**)
- ¼ inch piece Fresh Ginger (**Jiāng**) - minced

Sauce:

- ¼ Cup Low Sodium Chicken Broth (**Jītāng**)
- 2 Tbs Light Soy Sauce (**Shēng Chōu**)
- 2 Tbs Oyster Sauce (**Háoyóu**)
- 2 tsp Granulated Sugar (**Táng**)
- ½ tsp Ground White Pepper (**Bái Hújiāo**)

Preparation:

- 1) Place your beef in the freezer for 15-20 minutes to 'firm up' (this makes it easier to slice very thin) - Once 'firm', slice into apx ⅛ inch thick slices and set aside
- 2) In a medium bowl, mix up all of the marinade ingredients until well incorporated - Add sliced beef and toss to combine making sure the beef is well coated - Set aside until needed
- 3) Place noodles in a sieve or strainer and run hot water through them for a few seconds - Allow to drain well and transfer to a plate lined with absorbent paper - Set aside until needed
- 4) Place all of the sauce ingredients in a small container with a tight lid (a small mason jar works well for this) and shake it up until well mixed - Set aside until needed
- 5) Prep all of your vegetables and place them in individual bowls until needed
- 6) Dissolve the cornstarch in 4 Tbs of water - Set aside until needed
- 7) Heat the vegetable oil in a wok over medium-high heat until just smoking - Add the noodles to the oil and allow to fry for 5-8 minutes (flipping every minute or so) until lightly browned and crispy (noodles will form a 'pancake' of sorts) - Using a skimmer or slotted spatula, transfer noodles to a clean serving plate set aside within easy reach until needed (can place in warmed oven if desired)
- 8) Dump out all but 2-3 Tbs of remaining oil from the wok
- 9) Add the beef and its marinade to the wok and stir-fry for 1 minute (we are looking for rare to medium rare here - beef will cook more as dish continues) - Add the onion and bell pepper and continue to stir-fry for 1 minute - Add celery and carrot and continue to stir-fry for another 1-2 minutes - Add bean sprouts and bok choy and continue to stir-fry for another minute
- 10) Push everything up the sides of the wok - Add the sauce and bring to a simmer - Add the cornstarch slurry and allow to return to a simmer - Allow sauce to cook (stirring frequently) until thickened and darkened in color
- 11) Pull the beef and veggies off the sides and stir-fry everything for a minute to combine and thoroughly coat with sauce - Pour over the fried noodles - Serve immediately

* Fresh Chow Mein Noodles (AKA: Hong Kong Style Pan Fried Noodles) are par cooked before packaging so they are 'ready' to stir-fry without boiling - If Chow Mein noodles are not available, you can substitute thin wonton noodles boiled until al dente and thoroughly dried

Taz Doolittle



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